

FIGHT THE FLAME

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF RSD/CRPS



5K & 1K FAMILY ROLL & STROLL

NEW! SPEED SKATING 9K ROUTE!!!

SUNDAY NOV 3, 2019 @9AM MENTOR-ON-THE-LAKE CITY HALL AWARDS •PRIZES •RAFFLES •LIVE CHIP TIMING

PACKET PICKUP: NOVEMBER 2ND 12-6PM CORDUROY'S - 9131 JORDAN DR. MENTOR HEADLANDS

DAY OF RACE: STARTING AT 8AM @ RACE LOCATION - 5860 ANDREWS RD MOL

AGE DIVISIONS: 10 & UNDER, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+

AWARDS & PRIZES: TOP 3 MALE & FEMALE OVERALL & TOP 3 MALE & FEMALE FROM EACH AGE DIVISION IN BOTH 5K RACE & 9K SKATE

AFTER RACE REFRESHMENTS: FRUIT, CORDUROY'S PIZZA, DONUTS, WATER & MORE.

Proceeds to Benefit RSDSA The RSDSA provides support, education and hope to everyone affected by the pain and disability of CRPS/RSD while we drive to develop better treatment and a cure.



Ask about team rates!

Race: 5K	<input type="checkbox"/>	\$20 thru 10/27/19	<input type="checkbox"/>	\$25 thru 11/02/19	<input type="checkbox"/>	\$30 11/03/19 (race day)
Race: 1K	<input type="checkbox"/>	\$15 thru 10/27/19	<input type="checkbox"/>	\$20 thru 11/02/19	<input type="checkbox"/>	\$25 11/03/19 (race day)
Race: 9K	<input type="checkbox"/>	\$20 thru 10/27/19	<input type="checkbox"/>	\$25 thru 11/02/19	<input type="checkbox"/>	\$30 11/03/19 (race day)

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone # _____ Age _____ Gender: M/F

T-shirt size: YS YM YL AS AM AL AXL AXXL

Race Start Time 9AM

I accept that I compete in this event at my own risk and I hereby waive and release the event, Greater Cleveland XC, Second Sole Mentor, Mentor-on-the-Lake, and any city, sponsor, officer and member of said organization, their representatives, successors, assigns and any individuals who are in anyway connected with this event from all rights and claims for any accident, injury or loss suffered as a consequence of my participation. I acknowledge that the race course may contain uneven surface conditions, including but not limited to pot holes, curbs, tree roots, sewer covers, which may create risk. I acknowledge that the race is on public roads and I accept these risks.

Signature _____ (Parent or Guardian Signature Required if Under 18)

Please make checks payable to RSDSA & mail to:

Debbie Phillips
c/o Fight the Flame 5K
5746 Birchwood Dr.
Mentor, OH 44060



Sugar Gem Design



troop.one
entertainment



Find us on Facebook @ Fight The Flame 5K OH